



## Welcome Back

### PHOTOGRAPH DAY

As you will already be aware, John Hunt Photography will be in school on **Monday 8<sup>th</sup> November** to take pupil photographs.

If your child normally has PE on this day **please come to school dressed in your normal school uniform not your PE kit.**

However, children in **Year 4** and **Year 6** can bring their PE kit to get changed into for their session later in the day.

Reception and Year 5 **do not** need to bring their PE kit.

### DIWALI

Happy Diwali to those celebrating this week. Congratulations to Kieran in Year 3 who appeared on CBBC yesterday in a short film to explain about how they prepare for Diwali in their home. Well done Kieran, you were fabulous!

### FLU VACCINATIONS

The children that had provided consent with Intrahealth prior to the deadline received their nasal flu immunisation today. Intrahealth will send us more information later in the year to advise when they can come back for catch up sessions for anyone that missed them today, and of any pop up clinics for any additional takers.

### IF YOUR CHILD IS ABSENT FROM SCHOOL

As we have mentioned previously, if your child is absent from school for whatever reason, you must contact the school office on 01772 795676, send a pupil absence form via the school website, text message or email office@longsands.lancsngfl.ac.uk as soon as you know they will not be attending, but definitely by **9.00am**.

### LANCASHIRE POST PHOTOGRAPH

The orders for the Reception photograph which was published in last night's Lancashire Post have been collected today, and photographs should hopefully arrive back at school at some point next week. If anyone would still like to place an order please contact ABC Portraits directly now rather than sending to school. Thank you

## Mrs McKeown's Message

Thank you to all of you who have supported our Harvest food and toiletries collection this week. They have been collected and will be taken to the Ribbleton food bank for local families. You will have received information from Mr Coyne and the class teachers explaining this half terms drop in meetings. Please take the opportunity to check in with your child's teacher to see how your children are getting on. If you have not received the information, please contact Mr Coyne or your teacher. As always, do not wait for the drop in sessions if you have something you need to speak to school about.

It is lovely to see the parental comments on Seesaw postings and in class your children do like to read them as well as the teachers. It is particularly motivating for the children to see comments when the pupil of the week and values certificate postings are added on a Friday. Have a lovely weekend and keep in touch with myself and the class teachers.

*Mrs McKeown*

### BEING ON TIME AND PREPARED

Please remember that it is very important that children arrive at school on time to enter school at **8.55am** and be collected at **3.20pm** each day. Arriving late disrupts the rest of the class, and others working in school. If your child has signed up for any clubs after school, or is taking part in a sporting activity, please ensure that they have all of the necessary kit and equipment with them before they arrive at school. Any items that children have forgotten to bring can be left in the **drop box** at the front of school, but they must be clearly marked with the pupil name. The box is checked periodically so the bell does not need to be rang when dropping off. Thank you

### REGULAR COVID TESTING

At school we are taking a number of measures to prevent the spread of Corona Virus. It would be of great benefit if children were regularly tested each week and results reported through to the NHS app. Testing kits are still readily available from these sites:

**CLICK HERE FOR LFT KIT SUPPLIERS**

## Dates to Remember

### MONDAY 8<sup>th</sup> NOVEMBER

- School Photographs

### TUESDAY 9<sup>th</sup> NOVEMBER

- Rocksteady Music
- Year 5 & 6 Netball 3.20pm to 4.15pm

### WEDNESDAY 10<sup>th</sup> NOVEMBER

- PNE Gymnastics
- Year 2 PNE Fundamental Movement Skills 3.20pm to 4.20pm
- Year 5 & 6 Football 3.20pm to 4.15pm

### FRIDAY 12<sup>th</sup> NOVEMBER

- Year 3 Samba
- Girl's Football 3.20pm



**REMEMBER TO WASH HANDS REGULARLY.**

## Happy Birthday

KIAAN, FREDDIE, ALICE,  
OLIVER, HOLLY,  
CHLOE-LOUISE and SARA

## Pupils of the Week

**RECEPTION:** ZAHAN

**YEAR 1:** ELLIS

**YEAR 2:** LEILA

**YEAR 3:** USMAN

**YEAR 4:** MARTHA

**YEAR 5:** HANNAH

**YEAR 6:** RUBEN

## Longsands Values

**RECEPTION:** LILY

**YEAR 1:** ARIA

**YEAR 2:** KANE

**YEAR 3:** LILLY

**YEAR 4:** HUMEIRA

**YEAR 5:** EMMA

**YEAR 6:** MAX

## SCHOOL LUNCH MENU

WC 08/11/21 – **WEEK 3**



# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

## CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

## EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

## SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshotted first – users have found alternative methods to save images, such as taking pictures with a separate device.

## DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

### TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, bullies and groomers could use this information to engage in conversation and arrange to meet in person.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety®  
#WakeUpWednesday

Sources: Status of Mind: Social media and young people's mental health | Life in Likes – Children's Commissioners Report | <https://support.snapchat.com/en-US> | <https://natsanity.net/snapchat-parent-review/> | BT.com | Independent.co.uk, <https://mashable.com/article/snapchat-status-snap-maps/?europe=true>, eSafety Commissioner, (2017), Young People and Sexting – Attitudes and Behaviours: Research Findings from the United Kingdom, New Zealand and Australia.





the  
national  
**sleep**  
helpline

# Does your child suffer with sleep issues?

Do you struggle  
with your child's  
bedtime?

Will your child  
not sleep in  
their own bed?

WE CAN HELP

 **03303 530 541**

Available Sunday - Thursday 7pm - 9pm



**Around 50% of  
children will have  
a sleep issue at  
some point\***

## **WHAT IS THE NATIONAL SLEEP HELPLINE?**

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

## **HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?**

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**

**Available Sunday - Thursday**  
**7pm - 9pm**



IN PARTNERSHIP WITH

**Furniture  
Village**





**Our Girl's Football Team who are through to the next round  
of the Dick Kerr Cup! Well done everyone!!**